

TABLE 2
Prevalence estimates of selected chronic disease risk behaviors among American Indian/Alaska Native and non-Hispanic White adults residing in CHSDA counties—Behavioral Risk Factor Surveillance System, 2000–2006^a

	NHW Total ^a		AI/AN Total ^a		Northern Plains ^b		Alaska ^c		Southern Plains ^d		Pacific Coast ^e		East ^f		Southwest ^g	
	% ^h	(95% CI)	%	(95% CI)	%	(95% CI)	%	(95% CI)	%	(95% CI)	%	(95% CI)	%	(95% CI)	%	(95% CI)
5+ servings per day of fruits and vegetablesⁱ	24.0	(23.6–24.3)	22.2	(20.3–24.3)	22.0	(18.9–25.5)	24.6	(21.5–28.0)	16.5	(14.0–19.3)	20.8	(16.4–26.1)	28.4	(22.9–34.7)	25.6	(22.5–28.9)
Male	19.0	(18.6–19.5)	19.6	(16.9–22.7)	16.9	(13.1–21.6)	24.5	(20.4–29.1)	14.3	(10.7–18.8)	17.7	(12.0–25.3)	28.5	(20.8–37.8)	21.6	(17.7–26.0)
Female	28.6	(28.2–29.1)	24.8	(22.2–27.6)	26.6	(22.2–31.6)	25.2	(21.1–29.8)	18.7	(15.6–22.2)	24.6	(18.5–31.8)	28.1	(21.2–36.3)	28.1	(24.0–32.7)
No leisure-time physical activity	19.6	(19.4–19.9)	31.3	(29.4–33.2)	30.2	(27.5–33.1)	31.7	(29.3–34.3)	32.3	(30.2–34.4)	32.7	(28.0–37.8)	33.7	(29.4–38.3)	25.9	(23.7–28.2)
Male	18.2	(17.8–18.5)	29.5	(26.6–32.5)	27.2	(23.2–31.6)	27.4	(24.2–30.9)	28.2	(25.3–31.3)	34.3	(27.8–41.4)	31.0	(25.2–37.4)	23.7	(20.5–27.2)
Female	20.8	(20.5–21.1)	33.1	(30.9–35.3)	32.7	(29.3–36.3)	35.6	(32.2–39.2)	36.0	(33.3–38.9)	31.5	(25.9–37.7)	38.0	(32.0–44.4)	27.9	(25.0–31.1)
Overweight (25.0 kg/m² ≤ BMI ≤ 29.9 kg/m²)^j	36.0	(35.7–36.3)	37.4	(35.4–39.4)	35.3	(32.1–38.6)	37.6	(35.0–40.4)	35.4	(33.2–37.7)	39.2	(34.4–44.2)	39.7	(34.5–45.1)	36.1	(33.4–39.0)
Male	45.2	(44.7–45.6)	43.0	(40.0–46.1)	38.7	(33.7–43.8)	43.1	(39.3–47.0)	41.8	(38.3–45.4)	45.6	(38.7–52.7)	44.7	(37.3–52.3)	41.0	(36.9–45.2)
Female	27.1	(26.8–27.5)	31.5	(29.2–33.9)	32.6	(28.8–36.8)	32.8	(29.3–36.5)	29.0	(26.3–32.0)	30.4	(24.7–36.8)	33.0	(27.0–39.6)	32.7	(29.0–36.6)
Obese (BMI ≥ 30.0 kg/m²)^j	20.5	(20.3–20.8)	32.8	(30.9–34.8)	35.4	(32.2–38.8)	29.4	(27.1–31.9)	32.0	(29.9–34.2)	34.2	(29.8–39.0)	28.5	(24.3–33.1)	31.3	(28.8–34.0)
Male	21.6	(21.3–22.0)	33.5	(30.6–36.5)	35.6	(30.7–40.9)	25.0	(21.9–28.4)	33.7	(30.5–37.1)	35.3	(28.8–42.4)	29.4	(23.8–35.7)	30.9	(27.2–34.9)
Female	19.4	(19.1–19.7)	32.2	(29.9–34.7)	34.9	(31.4–38.6)	33.6	(30.2–37.2)	30.2	(27.6–32.8)	32.6	(27.3–38.5)	27.4	(22.0–33.6)	31.7	(28.4–35.1)
Binge drinker^k	17.0	(16.7–17.3)	17.4	(15.7–19.3)	21.7	(18.8–24.8)	18.7	(16.7–20.9)	15.8	(13.6–18.2)	17.8	(13.9–22.5)	17.5	(13.1–22.9)	14.9	(12.8–17.3)
Male	24.3	(23.8–24.8)	25.5	(22.6–28.7)	28.9	(24.0–34.2)	22.4	(19.2–26.0)	24.0	(20.6–27.8)	26.7	(20.4–34.2)	23.4	(16.7–31.7)	23.3	(19.8–27.3)
Female	9.6	(9.3–9.9)	9.0	(7.8–10.4)	14.0	(11.5–17.1)	15.2	(12.9–17.8)	7.6	(5.7–10.2)	7.7	(5.2–11.3)	9.2	(5.8–14.5)	7.2	(5.3–9.7)
Heavy drinker^l	6.5	(6.3–6.7)	6.2	(5.0–7.7)	5.9	(4.3–8.0)	5.0	(4.0–6.3)	4.0	(3.2–5.1)	6.8	(4.2–10.8)	8.4	(5.1–13.6)	5.8	(4.5–7.3)
Male	7.1	(6.8–7.4)	9.0	(6.9–11.8)	7.5	(5.0–11.0)	4.9	(3.6–6.8)	5.6	(4.2–7.5)	10.9	(6.5–17.7)	11.8	(6.6–20.3)	7.6	(5.7–10.2)
Female	5.9	(5.6–6.1)	3.2	(2.6–4.0)	4.1	(2.7–6.1)	5.0	(3.7–6.9)	2.5	(1.7–3.7)	2.2	(1.3–3.5)	4.3	(2.0–9.1)	4.0	(2.6–6.2)
Current smoker^m	22.0	(21.7–22.2)	28.8	(27.2–30.4)	42.7	(39.6–45.8)	40.0	(37.6–42.3)	33.2	(31.0–35.5)	21.9	(18.5–25.7)	36.5	(32.3–40.9)	18.4	(16.3–20.8)
Male	22.6	(22.2–23.0)	31.3	(28.9–33.9)	43.6	(38.9–48.4)	43.9	(40.6–47.3)	35.1	(31.7–38.6)	25.8	(20.6–31.7)	38.4	(32.4–44.8)	22.5	(19.5–25.8)
Female	21.3	(21.0–21.7)	26.1	(24.3–28.0)	42.1	(38.4–46.0)	36.7	(33.5–39.9)	31.5	(28.8–34.3)	17.5	(14.0–21.8)	33.6	(28.3–39.4)	14.9	(12.3–18.0)
Former smoker^m	26.6	(26.4–26.9)	26.5	(24.7–28.4)	25.9	(23.3–28.8)	28.6	(26.2–31.0)	21.2	(19.6–23.0)	32.6	(28.3–37.2)	25.1	(20.8–29.8)	21.6	(19.3–24.1)
Male	30.4	(30.0–30.8)	30.3	(27.6–33.1)	29.3	(25.3–33.6)	30.1	(26.8–33.6)	24.7	(22.1–27.6)	35.2	(29.2–41.8)	28.5	(22.6–35.2)	28.9	(25.4–32.6)
Female	23.7	(23.4–24.0)	22.7	(20.5–25.1)	24.1	(20.9–27.6)	27.4	(24.3–30.7)	18.3	(16.4–20.3)	28.8	(23.4–34.9)	21.2	(16.3–27.1)	15.5	(12.7–18.7)
Never smoked^m	51.4	(51.1–51.7)	44.7	(42.8–46.7)	31.4	(28.3–34.8)	31.5	(29.1–33.9)	45.5	(43.2–47.8)	45.5	(40.8–50.3)	38.5	(33.7–43.5)	59.9	(57.0–62.8)
Male	47.0	(46.5–47.5)	38.3	(35.4–41.4)	27.1	(22.6–32.2)	26.0	(23.0–29.2)	40.2	(36.8–43.6)	39.0	(32.6–45.8)	33.1	(26.8–40.2)	48.7	(44.6–52.8)
Female	55.0	(54.6–55.4)	51.1	(48.7–53.6)	33.8	(30.1–37.7)	36.0	(32.7–39.3)	50.3	(47.3–53.2)	53.7	(47.6–59.6)	45.2	(39.1–51.5)	69.6	(65.6–73.3)

CHSDA indicates Contract Health Service Delivery Areas of the Indian Health Service; NHW, non-Hispanic whites; AI/AN, American Indians/Alaska Natives; 95% CI, 95% confidence interval.

^aData from 34 US states (includes states listed in the footnotes below).

^bAI/AN in Indiana, Iowa, Michigan, Minnesota, Montana, Nebraska, North Dakota, South Dakota, Wisconsin, and Wyoming.

^cAI/AN in Alaska.

^dAI/AN in Kansas, Oklahoma, and Texas.

^eAI/AN in California, Idaho, Oregon, and Washington.

^fAI/AN in Alabama, Connecticut, Florida, Louisiana, Maine, Massachusetts, Mississippi, New York, North Carolina, Rhode Island, and South Carolina.

^gAI/AN in Arizona, Colorado, Nevada, New Mexico, and Utah.

^hAll prevalence estimates are weighted and age-adjusted to the 2000 US standard population. “Refused” and “don’t know” responses are excluded.

ⁱ2000–2003, 2005.

^jIn individuals aged ≥20 years.

^k2001–2005; ≥5 drinks on 1 occasion within the past 30 days.

^l2001–2006: Males, >2 drinks/day within past 30 days; females: >1 drink/day within past 30 days.

^mSmoking is defined as having smoked at least 100 cigarettes (5 packs) in entire life.



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